

## Badminton

### Grip - Forearm

- arm + wrist free - hold firm.
- shake hands with racket.
- index finger, a bit up the handle.
- rest racket to calf of leg - flat face.

### Backhand

- same as backhand, with more wrist turn.
- thumb - up grip best.

### Forestroke

- body, rt. is to net.
- lt. foot advanced for forearm drive.
- rt. foot " " backhand drive.
- rock from foot to foot as weight changes.
- racket starts swing behind in line with shoulder, finishes in front in same line.

### Backstroke - Forearm

- supple wrist.
- turn wrist back till shot is made, then flick it forward.
- follow through.

### Backhand

- wrist leads all through.



### Body elimination.

- go to meet shuttle.
- reach out - up & sideways.
- twist body out of way -  
don't move the feet.

### Drop shots & Net-shots.

- wrist shot & follow through.
- delicate touch.
- aim just above net.
- take net shots at net height.
- do not hit net after shot - foul.
- don't reach over net to hit shuttle.

### Drive.

- wrist height.
- straight arm.
- point body into stroke &  
follow through.
- keeps opponent running from  
side to side of court.

### Serve.

Singles - "long & deep" □.

- hold shuttle by base & look  
at it.
- use wrist.
- <sup>2)</sup> drive at chest height.



## The 1st.

- defensive. - high & deep.
- requires power & wrist movement.

## Smash

Position - feet wide apart.  
- mt. on rt. foot & body  
twisted rt.

Backward swing as long as possible.

- Impact - mt. moves forward.
- wrist snaps forward
  - shoulder & arm straighten out.
  - get on top of shuttle.
  - don't bend elbow.
  - move forward into shot.

## Round the head smash

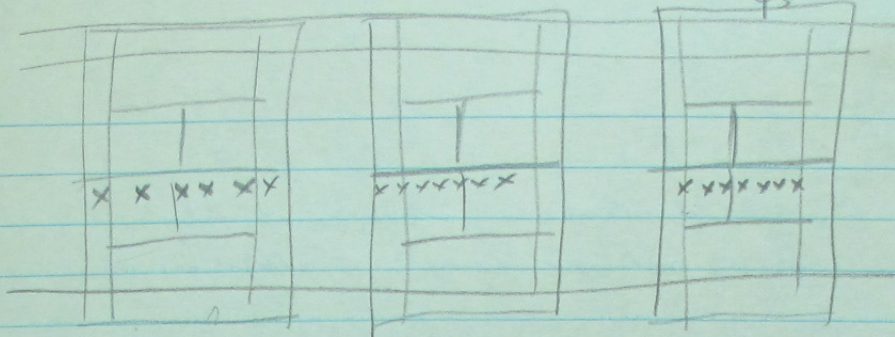
- for cross-court stroke.



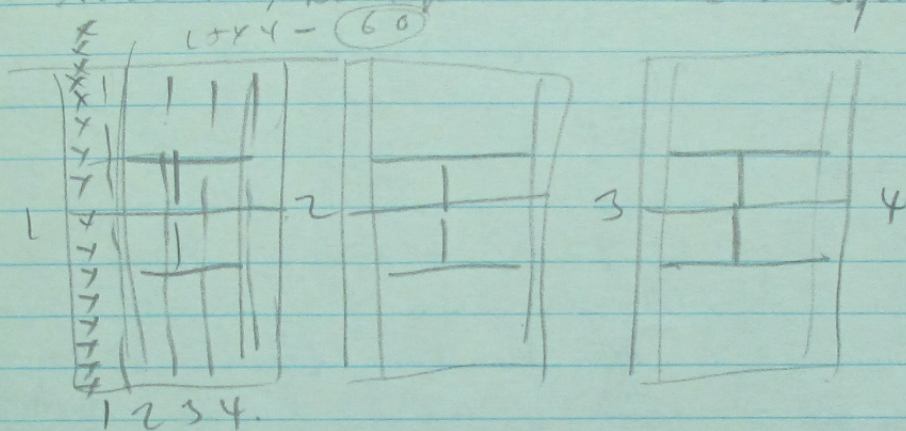
3 Const space.

5 17. 3 50 16.

15  
3  
48



If strips could be attached to hooks or stall bars. The space would be space





Serve

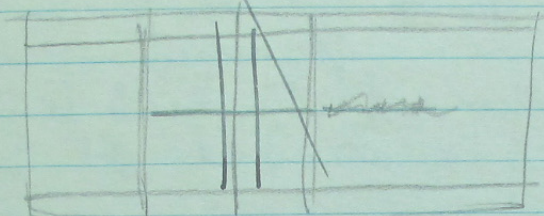
Doubles - "short & angled" □.

- stand well away from net  
- out and sideways.
- 2) pick serve.
- flick over opponent's head.
  - opponent hasn't time to  
run around it.



## Org. of Drop shots.

Drop shots can be practised in a small area as they require only net space + 1 yd. on each side of the net.



## Equipment for 1 court.

Large room or gymnasium.

String, bound + packed with white sheeting to a depth of 6."

1 bird to each person.

? Badminton standards.

## Organization.

Strings are stretched across gym to height of 5' 3" from hooks or still-bases to badminton standards.

Players - 1) Stand in rt. sh. to net, so that rt. arm is free to place bird.

♀ 2) Bird is placed first on net to rt. side, then returned with net shot to lt. court.

♀ 3) Players stand 3 yd. apart - each player matches own bird.

♀ 4) Players change to lt. sh. to net - continue play.



ADMINISTRATION.

M + W + F	8 - 8.45	<del>11 + 12</del>	130 A.
T + T	5.10 - 8.55	<del>11 + 12</del>	130 V.

$T + T$  5.1a-8.55' ~~VH + W~~ 130 V,

- hold rocket in Lt hand.

2. Imitation throw. - baseball.

5. Check -
- ① reach
  - ② wrist cocked
  - ③ go to meet bird
  - ④ weight on toes
- ⑤ grip (too tight)
- ⑥ shuttle drop
- ⑦ racket swing (too fast)
- ⑧ shuttle too close

7. Clear - <sup>↓</sup> reach  
wrists  
go to meet bird  
weight on toes.

Drills . / Grip  
 Serene drill  
 Serene against wall  
 Serene to partners.

Serne      Serne against wall.  
Serne to partners.

Drill without racket  
Clear. Peach " "  
 Peach with racket  
 Lt. ft. part.



Clear

Serve - long.

~~Drive~~ Smash.

Stepping into shots.

Clear + serve up.



II

BADMINTON

M + W

5-7

J + R

T + T.

5-7

VI + W.

1. Forehand. Hit early.  
clear. Hit high.  
 Follow through.
2. Service. High.
3. <sup>x</sup> Placement. Forehand & backhand.
4. Footwork.
5. Strategy. Center of court. (return)  
 On toes.  
 Overhead always.  
 Make opponent move.  
 Aim - cross - Deep / short.

III

1. Service. Low.

2. Sidespin

2. Footwork.

3. Placement.

4. Strategy - < Side by side.  
 Front / back.



6.11.

IV Smash.

Follow to floor no. wrist dock-  
weight transfer.

V Drop.

Slam, wrist breaks  
Shock follow through.

VI Net shots.

Underhand net shots. Corners.

Scoring. 11, 15, 21. (15 usually)

15  $\left\{ \begin{array}{l} 13\text{-all} \quad 5 \text{ extra points} \\ 14\text{-all} \quad 3 \text{ extra points} \end{array} \right.$

21  $\left\{ \begin{array}{l} 19\text{-all} \quad 5 \text{ or } 3 \text{ extra points} \\ 20\text{-all} \end{array} \right.$

11  $\left\{ \begin{array}{l} 9 \text{ all} \quad 3 \text{ extra points} \\ 10 \text{ all} \quad 2 \text{ extra points} \end{array} \right.$



IX.

VI. Strategy.

Singles

Clear

Dip

Smash.

Play corners.

Doubles.

(Clear  
Smash (low)  
Drops

Corners +  
Middle court.

Side-by-side

Up + back.



## Badminton

### History

Badminton, which is derived from Battledore and Shuttlecock and the game, Poona, came to us from England as did many of our favorite sports. Badminton gained impetus with the founding of the National Badminton Association of England in 1895, and further momentum when the first national championships were held in 1898. The popularity of badminton in the United States has been latent until recent years when the interest in "carry-over" sports developed great impetus due to increased leisure time and the desire for co-recreational activities.

### Duration of Game

Game: the required number of points to win. This depends upon the type of game: ladies' singles, 11 points; doubles or men's singles, 15 or 21 points, to be decided before the start of the game.

### Rules and Scoring

Service is determined by spinning a racket for the rough or smooth side of the strings. The winner of the toss may choose side of the court, serving first, or receiving first. A player on the "in" or serving side starts the game by hitting the shuttle diagonally to the opponents right-hand court. One trial is allowed for each serve and the service must be underhand. The player on the "out" side in the receiving court attempts to return the shuttle before it touches the ground. If the receiving side returns the shuttle successfully, the shuttle is hit by alternate sides until a fault is made by one side. If the fault is made by the serving side, a "down" is declared and the serve changes hands. If the fault is made by the receiving side, a point is scored for the serving side. As long as a side remains "in," the service is delivered alternately from each half court into the court which is diagonally opposite. Each player's turn at service is called a "hand." Points are scored only by the serving side.

In the singles game the server delivers the service alternately from each half of her court according to the score. If the score is zero or an even number, the service is delivered from the right side; if odd or uneven, the service is delivered from the left court.

In doubles the short, wide, service court is used. The first serve of every inning is always made by the player in the right-hand court. Both partners serve before the side loses service (an inning) except on the first service of the game in which case only one partner serves. In all subsequent innings, each partner retains the service as long as she continues to win points, before passing the service to her partners. When the service is lost to the opponents, partners remain in their respective courts and change only upon winning another point.





The **Margaret Eaton School Digital Collection** is a not-for-profit resource created in 2014-2015 to assist scholars, researchers, educators, and students to discover the Margaret Eaton School archives housed in the Peter Turkstra Library at Redeemer University College. Copyright of the digital images is the property of Redeemer University College, Ancaster, Canada and the images may not be copied or emailed to multiple sites without the copyright holder's express written permission. However, users may print, download, or email digital images for individual non-commercial use. To learn more about this project or to search the digital collection, go to <http://libguides.redeemer.ca/mes>.